

# YOUR CHILD

will not suffer with sunburn or heat rash if you use Zam-Buk.

The Superintendent of S. A. Fresh Air Camp at Clarkson's, Ont., says: "We always keep a supply of Zam-Buk at our Children's Camp. We use it constantly for sunburn, insect stings and bites, as well as for cuts, bruises and sores, and believe there is nothing to equal it."

Zam-Buk is especially suitable for a child's tender skin, owing to its purity of composition. It contains absolutely none of the coarse animal fat or harsh mineral drugs found in ordinary ointments.

All dealers, 50c. box.



## DOUBLE CREAM CUSTARD POWDER

(No Egg Required)

Makes a pint of delicious creamy custard. Smooth, rich and wholesome.

Price, 10c per tin.

**P. H. BAKER**  
Phone 1016.  
Cor. Princess and Frontenac.

Every 10c Packet of

### WILSON'S FLY PADS

WILL KILL MORE FLIES THAN \$8 WORTH OF ANY STICKY FLY CATCHER

Clean to handle. Sold by all Drug-gists, Grocers and General Stores.

## FEET AREN'T ACHING OR TIRED NOW—"TIZ"

Use "Tiz" For Tender, Puffed-up, Burning, Calloused Feet and Corns.



People who are forced to stand on their feet all day know what sore, tender, sweaty, burning feet mean. They use "Tiz," and "Tiz" cures their feet right up. It keeps feet in perfect condition. "Tiz" is the only remedy in the world that draws out all the poisonous exudations which puff up the feet and cause tender, sore, tired, aching feet. It instantly stops the pain in corns, callouses and bunions. It's simply glorious. Ah! how comfortable your feet feel after using "Tiz." You'll never limp or drag up your face in pain. Your shoes won't tighten and hurt your feet.

Get a 25-cent box of "Tiz" now from any druggist. Just think! A whole year's foot comfort for only 25 cents.

## WOMEN'S STOMACH TROUBLES

The Great Woman's Medicine Often Just What Is Needed.

We are so used to thinking of Lydia E. Pinkham's Vegetable Compound as a remedy exclusively for female ills that we are apt to overlook the fact that it is one of the best remedies for disorders of the stomach.

For stomach trouble of women it is especially adapted, as it works in complete harmony with the female organism, since it contains the extracts of the best tonic roots and herbs. It tones up the digestive system, and increases the appetite and strength. Here is what one woman writes showing what this medicine does:

Newfield, N. Y.—"I am so pleased to say I can recommend Lydia E. Pinkham's Vegetable Compound as an economical and beneficial remedy in most ailments pertaining to women. At least I found it so by only taking two bottles. I had indigestion in a bad form and I am now feeling in the best of health and owe it all to Lydia E. Pinkham's Vegetable Compound."—Mrs. BURR WILLIAMS, R. D. No. 29, Newfield, N. Y.

Many women suffer from that "all gone feeling," and "feel so faint," while doing their work. Ten chances to one their digestive system is all out of order. A tablespoonful of Lydia E. Pinkham's Vegetable Compound after each meal should completely remedy this condition in a few days.

## CANNING HELPS.

The Department of Agriculture Tells Us How to Preserve.

### THE WAYS TO SAVE SUGAR.

Fruits Put Up Without Sirup Do Not Retain Their Color Well, but They Are Excellent For Sauces, Salads and Desserts That Are Sweet Enough.

In these days of high prices, with sugar foremost on the aviation list, many housewives have taken serious thought as to the advisability of putting up less fruit than usual.

This is a pity, because home canned fruit is not only safe and sure, but most delicious. It need not be as rich as preserves. In fact, many epicures regard fruit as refreshing in exact proportion to the smallness of the amount of sugar used to preserve.

Fruit for use in pie or salads or as stewed fruit can be put up or canned without the use of any sugar at all. The canning specialists of the department of agriculture advise the housewives who, in order to economize on sugar, have been thinking of reducing the amount of fruit they put up, to can as much of their surplus as possible by the use of boiling water when sugar sirup is beyond their means.

Any fruit, say the specialists, may be successfully sterilized and retained in the pack by simply adding boiling water instead of the hot sirup.

The use of sugar, of course, is desirable in the canning of all kinds of fruits and makes a better and ready sweetened product. Moreover, most of the fruits when canned in water alone do not retain their natural flavor, texture and color as well as fruit put up in sirup. Fruit canned without sugar to be used for sauces or desserts must be sweetened.

Can the product the same day it is picked.

Cull, stem or seed and clean the fruit by placing it in a strainer and pouring water over it until it is clean.

Place the fruit in glass jars or tin cans until they are full, using the handle of a tablespoon, wooden tangle or table knife for packing purposes.

Place the jars in a sterilizing vat, such as a wash boiler with false bottom, or other receptacle improvised for the purpose.

If using a hot water bath outfit process for thirty minutes, counting time after the water has reached the boiling point. The water must cover the highest jar in the container.

After sterilizing remove packs, seal glass jars, wrap in paper to prevent bleaching and store in a dry, cool place.

If you are canning in tin cans it will improve the product to plunge the cans quickly into cold water immediately after sterilization.

When using a steam pressure canner instead of the hot-water bath, sterilize for ten minutes with five pounds of steam pressure. Never allow the pressure to go over ten pounds.

### HER PLAY HAT.

What Ten-year-olds Need Just to Romp In.

With a navy blue chinchilla coat well tailored goes this navy velvet poke, a tall crown and brim rolled up



DOBNEY'S COMPOUND.

In the back. All the trimming is three rows of narrow black grosgrain ribbon and three tomato red, fruity pieces on the left side.

A Fringed Centerpiece.

A rather novel idea for a large centerpiece is to use instead of scallops a narrow lace insertion on the edge, and finish this with a plain fringe instead of the usual lace edging. It is much prettier than one would expect.

The centerpiece should be larger than twenty-eight inches, for if smaller a number of little plaits would have to be made on the inner edge of the insertion to make it fit around the centerpiece. The lace should be a center-piece. It should be a center-piece, not necessarily expensive, for many of the imitations that are machine made are quite pretty.

A narrow fringe as plain as possible is best to use. Frequently where the lace joins the materials and also where the lace and fringe meet a line of colored stitching is used.

If wives don't want to catch their husbands in mischief they shouldn't watch them.

If you like the color of a girl's eyes and tell her so you are likely to start a conversation.

## MOUEKN RUSSIA IN WAR.

Her First Great Military Victory Was at Poltava.

The first great military victory of modern Russia was gained on the bloody field of Poltava, when the army of Charles XII of Sweden was completely defeated by the forces led by Peter the Great.

The ambitious and powerful Swedish monarch began his Russian invasion of 1707 at the head of 43,000 well trained veterans, following almost the same route as was chosen by Napoleon more than a century later.

In the first clashes he was successful, but he pursued the Russians with such haste and recklessness that his army was soon hopelessly involved in swamps and marshes. Peter reorganized his forces and made his stand at Poltava, and the battle fought there on July 8, 1709, ranks among the greatest in history.

The Russian bear, often whipped, now fought ferociously. The Russians overpowered the army of Charles XII, by force of numbers. Charles XII, who was wounded before the battle commenced and directed the movements of his ragged and half starved troops from a litter, in which he was carried about the field.

The Russian artillery worked havoc in the army of the Swedish king, but Charles, with a few men, managed to escape and made his way to Turkish soil, where he found refuge from the wrath of the czar.

Coffees, as experts are aware, has a very extraordinary property. It is one of the most absorbent matters in existence. Coffee beans placed in a damp room swell and absorb moisture till they nearly double their weight.

So absorbent is coffee, not only of moisture, but of gases and flavors, that shippers of Brazilian coffee always stipulate that the sacks of fresh Rio beans shall never be carried on a steamer which has raw hides as any part of her cargo. These will taint the coffee more surely than anything else and render it unfit for use. The useful side of this quality of coffee is that in a sickroom a handful or two of fresh roasted and ground beans act as an excellent purifier and deodorizer.

### Coronation Gift.

The practice of running the fountains and conduits with wine on coronation day was abandoned after the reign of Queen Elizabeth, but another old custom was observed up to the coronation of George IV. After the king and the company had departed from the banquet in Westminster hall the doors were thrown open, and the people rushed in and cleared the tables of everything—victuals, cloths, plates, dishes, etc., all vanished in a few minutes. And, as Sir Walter Scott tells us, the nobility were not above taking away the saltcellars and spoons.

A Matter of Definition.

"What does citizen mean?" Eddie asked his sister.

"It means a man that lives in a city," answered the little girl.

"Then what do you call the people that live outside the city?" asked the boy.

"Oh, they are countrymen! Don't you remember that piece about fellow countrymen?"—Philadelphia Ledger.

### The Tyrolese.

You may find the artistic temperament among the peasants in the villages of Bavarian Tyrol. They talk still of the King Ludwig, who lavished money on palaces and died an insane suicide and murderer. You remind them that they are still paying off the debts of the mad king. They reply cheerfully that they are glad of it, for Ludwig loved music and gave us Wagner.—London Chronicle.

### Esquimo Beliefs.

Esquimos believe that earth and air are filled with spirits. The one drags men into the earth by the feet, from which they never emerge, the other strikes men dead, leaving no mark. They often stop and listen and say that Tuna of the wind is passing by, imagining that the air is full of voices.

### His Great Scheme.

"I have solved the crowded car problem!" exclaimed the jubilant street railway man.

"How?"

"We'll put a phonograph in each car and keep it playing 'The Star Spangled Banner.' Then everybody'll have to stand up."—Washington Star.

### Where the Paint Was.

Regular Customer (who has just entered restaurant)—Strong smell of paint here, William. Walter (coughing apologetically and indicating young woman about to leave table)—Yes;ir; soon pass off, sir; they're just going.—London Punch.

### Had Not Tried His Word.

"Is his word good?"

"I don't know as to that. I've never taken his word for anything, but I've got four of his notes that weren't any good."—Detroit Free Press.

### Our Near Neighbors.

Mother—Don't you know, darling, that we are commanded to love our neighbors? Little One—Yes, an' I s'pose that's 'cause we can get along with most everybody else.—Exchange.

### Dome of the Capitol.

The original dome of the capitol in Washington was made of wood, covered with copper.

Both man and woman kind holds their nature when they are not kind.—Bailey.

Formerly a bride knew how to keep house. Now she is lucky if she knows how to keep a cook.

Genius is said to be a certain form of madness, but the madness of most people is more or less uncertain.

## ORIGIN OF PUNCHINELLO.

A Memory of the Days When Harper's Weekly Was a Power.

In the days when Harper's Weekly was at the height of its popularity and influence it commanded the services of the foremost illustrators in America, including the cartoonists. Every one in a while a group of these artists would become dissatisfied with the Harper parental control and would leave to establish an independent illustrated paper.

Having squandered their substance in riotous prancing, these artists would come to themselves and return to the Harper home, where was bread enough and to spare. No fatted calf was killed on the return of such prodigals, but Henry Mills Alden, the veteran editor of Harper's Monthly Magazine, asserted that the house of Harper never held a grudge against any contributor, whether artist or writer, who left to try other pastures. Such was the origin and such was the end of Punchinello, a comic cartoon weekly which first appeared in New York city on April 2, 1870.

In calling attention to the fact that the first number was dated the first day after All Fools' day, Punchinello remarked: "This is cheering, since thus it is manifest that Punchinello leaves all the fools and jesters behind and is therefore first in the race for the crown of comic laurel and the quiver of satiric shafts." During its short life—less than a year—it was entitled to that honor.—Cartoons Magazine.

## FAILED TO LOOK AHEAD.

A Blunder That Has Brought Many a Family to Grief.

In the American Magazine a writer says: "A man engaged in business in one of the trades or professions is strong and healthy, and his earnings are adequate to meet the needs of himself and family and lay a little by to combat the proverbial rainy day.

"In trying to make a good appearance among his friends he lives up to his income, sells the birthright of his family for a mess of pottage in order to gratify his vanity or procrastinating habits. He is strong, and the future seems a long way off.

"Eventually on account of accident or disease he leaves the scene of action, and his wife and a number of small children must face the gloomy days of the future unassisted by a bank account or life insurance policy simply because he failed to look ahead.

"Another man has a mortgage upon his property, and he soliloquizes in this manner: 'I shall meet the interest and next year begin paying off the mortgage.' The years pass, the mortgage is foreclosed, and he gazes when too late that he failed to look ahead.

"Still another man lived upon the principal of his physical bank account. He failed to bank energy and conserve health in the form of proper physical exercise and careful hygienic living, and exacting nature foreclosed by striking her victim with apoplexy."

### Canton's City of the Dead.

In Canton, about eighty miles from Hongkong, there is a place known as the City of the Dead. There are 194 small houses, in each of which a corpse is lodged, at the rate of \$25 for the first three months and then at a reduced rate until the geomancers employed by the relatives of the dead person decide when and where the corpse shall be buried. Silk or paper lanterns and imitation fruit are hung from the roof. There are screens in each room between the door and the coffin. Tea, fruit and any other kind of food which the dead person liked when on earth are placed on an altar before the coffin each morning. There are cardboard servants standing about to wait on him with pipes or cardboard cups of tea. There are also two handsome paper females placed there to guide his spirit on the way to heaven.

### Hitching to a Star.

Many people interpret the familiar phrase "Hitch your wagon to a star" as being an injunction to "aim high." Emerson, who introduces this expression in his essay on civilization, meant no such thing. He says his imagination is greatly stirred by the waves. If an engine could be built which would accumulate all the power of the waves, since the tide makes the waves and the moon makes the tide, we could use this enormous power to run our manufacturing and move our wagons. Thus we would "hitch our wagon to a star."—Professor John Erskine at Chautauque.

## PIMPLES AND BOILS ALL OVER FACE AND BODY

When the blood becomes impure you will find that pimples and boils will break out all over the body, and although they are not a dangerous trouble, they make you appear unattractive both to your friends and yourself.

Burdock Blood Bitters will cleanse the blood of the impurities and poisons which cause the skin to break out in these eruptions.

Miss Sylvia Swanson, Theodore, Sask., writes: "I am letting you know what great value your B.B.B. has been to me. A year ago I started to grow pale and weak, the cause being bad blood. I got so many pimples and boils all over my face and body that I would not let strangers see me, and I used to avoid company. I tried many remedies but all seemed to fail. I read about how good your B.B.B. had been to thousands of people so I got a bottle and after I had finished the second one my pimples and boils had all disappeared. People thought it a miracle how well I looked.

Your grand old remedy sure has been as good as gold and better, to me."

Burdock Blood Bitters has been manufactured for the past forty years by The T. Milburn Company, Limited, Toronto, Ont. See that our name appears on the wrapper.

## LIKE AN ANCIENT FORT.

Mexico's Spiked Mountain a Curious Geological Freak.

One of the most remarkable geological freaks in Mexico is a mountain situated near Pachuca, which presents the appearance at a distance of being covered with spikes. The sides of the mountain are closely studded with stone columns or pinnacles. These columns are five feet to twelve feet long and as large around as an average man's body.

It is a remarkable uplift of nature, which has the appearance, however, of being the handiwork of human beings. One side of the mountain is almost perpendicular, and the stone columns protrude from the surface at right angles, forming an impressive picture.

Pachuca is one of the most noted mining districts in Mexico, and it is said by geologists that this remarkable spiked mountain is out of keeping with the remainder of the formation of the mineralized region.

The stone is as hard as flint and has withstood the elements for ages. The spikes form a natural battlement that makes the mountain appear from a distance like some ancient fort.

The mines of the Pachuca district are situated not far from this wonderful freak of nature, but the formation encountered in their respective underground workings is of an entirely different kind from that of the pinnacles.—Pearson's Weekly.

## FLUNG UP FROM THE SEA.

Birth of the Bogoslof Group of the Aleutian Islands.

The first of the Bogoslof group of the Aleutian islands was born in the year 1796.

There was a great convulsion in the Bering sea about twenty-five miles north of Unalaska, and an island appeared above the surface of the stormy waters. This islet, which rose to a height of nearly 3,000 feet above sea level, was christened Bogoslof by the Russians, who then owned Alaska. It remained solitary and alone until 1882, when another volcanic eruption in the sea was followed by the birth of another island near the first.

For two years the new island was the scene of an active eruption. Then it cooled gradually and, like the first islet, became the home of seals and sea lions and the breeding grounds for sea birds.

The third of the Bogoslof group was born in 1906. The "baby" was smaller than its elder sister, being about a third of a mile in diameter and with an altitude of some 600 feet, but the following year another convulsion of nature resulted in nearly doubling its area.

Since then several other islands have been born in various parts of the Aleutian chain.—Chicago Journal.

## An Author's Odd Aversion.

The "stout" meal had attractions for Edward Fitzgerald, who, among his other peculiarities, hated to see people enjoying their food. On one occasion, after a man had finished a glass of wine in his company and gone out of the room, Fitzgerald remarked with disgust: "Did you notice how he took up his glass? I am sure he likes it. Bah!" Fitzgerald himself, according to his biographer, A. C. Benson, "lived practically on bread and fruit, mostly apples and pears, even a turnip, with sometimes cheese or butter and milk puddings. But he was not a bigoted vegetarian. To avoid an appearance of singularity he would eat meat at other houses and provided it in plenty for his guests. But the only social meal he cared to join in was "tea, pure and simple, with bread and butter."

## Genius and Appetite.

Sir Francis Galton believed that a good appetite is one of the attributes of genius. "Most notabilities have been great eaters and excellent digesters on the same principle that the furnace which can raise more steam than is usual for one of its size must burn more freely and well than is common," Scott was of the same opinion. In a letter to Canning respecting an article promised to the Quarterly Review he advises him to break the neck of it after a hearty meal, "preferably of boiled chicken." And he practiced what he preached, for, like Tennyson, Dickens, Thackeray and many other nineteenth century authors, Scott was an excellent trencherman.—London Opinion.

## The Romans Dressed For Dinner.

A sartorial authority says that the custom of dressing for dinner began with the Romans. It was a simpler procedure than at present. A loose robe of fine material was donned for the evening meal, preferably at home, but in cases where guests came from a distance to the home of the host he kept a supply of dinner clothes on hand for the use of his guests who came unprovided.

## Lawyers' Way.

"I can't understand why those two lawyers call it a deed of trust."

"Why not?"

"From the care with which they are drawing it up it is quite evident that they don't trust each other."—Pittsburgh Chronicle-Telegraph.

## Wholesale.

"Your husband is worse? Did you forget the medicine?"

"So as not to forget it I gave him the whole bottle at once."—Browning's Magazine.

## Knew the Scheme.

Spent it—I say, old chap. If you would lend me \$50 I could make \$75. Smart—How would you make the other twenty-five?—Boston Transcript.

## Don't Trust Your Future Happiness

with a woman who has no sense of humor.

Boasting of one's ancestry gets them in bad with one's bored acquaintances.

# CAT'S PAW

## CUSHION RUBBER HEELS



Made of the best live rubber. The canvas friction plug prevents slipping.

50¢ A PAIR PUT ON

## Pinch Back Overcoats

\$14.00 to \$18.00

Plain Grey Chesterfield Overcoats \$12.00 to \$20.00. New Raincoats and Spring Overcoat Combined, \$15.00. Indigo Blue and Pattern Worsted Suitings at Large Stock of moderate prices.

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Civil and Military Tailor 131 Princess St.

## Just Arrived



Large Line of Jolly Jitneys. Special price while they last, \$1.25. Bassinettes, white enamel, good springs, rubber tires, \$4.50. Best line of baby carriages, \$16.50 to \$45.00.

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Women have a clever way of saying "Remember what Jonah said to the fish: 'You can't keep a good man down.'" "You can't keep a good man down."